

Chips off the Rock



The Rockville-Montgomery Swim Club



“Perform your best when your best is required. Your best is required everyday.”

Thursday, September 27, 2018 Our 51st Year

RMSC is an Arena Team

For the second season The Rockville Montgomery Swim Club will officially be an Arena Team. Our vendor is Cassel's. They are located in the old Aardvark location. Cassel's and Arena will be at the swim center in the next week, **Thursday, October 4**

RMSC White Cap Required

Beginning at our first Swim Meet and at every swim meet this year and every year. Every RMSC swimmer is required to wear a White RMSC cap. Swimmers may choose to wear NO cap if they desire. No swimmer will be allowed to compete in any other cap. Each swimmer will receive one free latex cap. If you desire another cap or different material (dome or silicone) you can purchase at Cassel's.

Weekend Practice Schedule

Friday, September 28:

All Groups: Regular Practice Schedule

Saturday, September 29:

All Groups: Regular Practice Schedule

Sunday, September 30:

All Groups – Regular Practice Schedule

Watching Practices and Speaking with Coaches

As stated in our brochure, parents are invited to watch their swimmers participate on Monday and Tuesday afternoons and any morning practice that they attend. Parents will not be allowed on deck for any other practice. This has been a team rule for over 35 years. Also, please allow the coaches to focus on the swimmers during a practice session. If you have a question or should speak with a coach, please wait until practice is over. The coaching staff appreciates your willingness to cooperate fully in this matter. Finally, Please **DO NOT COACH YOUR CHILD!!!!!!** If it continues we will suspend all rights to watching practices. It is disruptive to what the coaches are doing. **PLEASE STOP**

Swim Center Lobby and Locker Room Conduct

RMSC swimmers are not the only participants at the Swim and Fitness Center. Swimmers should not be sitting in the doorway entrance and swim bags should not be left anywhere in the lobby or hallway areas. The noise level should be kept to a minimum. Regarding the locker room areas: Swimmers should be taking brief showers, changing, and then leaving the locker room. Yelling, throwing of any items and other unacceptable behavior will not be tolerated. We thank you in advance for your cooperation.

Swim Center Parking

Parents – please do not leave an unattended car in the front entrance at any time. This area is our emergency response entrance. It is also advised that you use the parking lot if you are waiting for longer than five minutes. This area can be dangerous if congested with too many cars. **We are having many problems with cars parked in the road and drive way blocking traffic. Also, no car should be in the crosswalk at any time. You must park your car in the lot and wait for your swimmer. If this continues to be a problem, we will have the City of Rockville Police sort the problem out.**

Entering a Swim Meet

Your first swim meet is getting closer and closer. Here is a quick and easy process for entering. Go to the bulletin board in the hallway leading to the South Indoor Pool. Find the meet that you want to enter, for example the RMSC Kick-Off Invitational. The entire meet announcement will be posted on that board. Take some time to read the announcement. If you do not have time, then you can find the announcements for Potomac Valley meets online at www.pvswim.org. Get a white meet entry form (they are right next to the board) and fill out the swimmer's name and age. Next, pick his/her events (usually 3 events per day). Write the description of the event (e.g. 100 Free) and the corresponding meet event number. Do not put any entry times on the form. Once complete, this put the form into the church collection box, next to the front desk. A copy of the meet entry will be posted on the bulletin board next to the announcement sometime shortly after the entry deadline for you to check. See Dave or your coach if you have any questions.



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Upcoming Meets

RMSC Kick-off Invitational Meet –

October 6-8.

This is the first competition for the rest of the program and will be held at the Germantown Aquatic Center. It is open to all swimmers that are ages 9 and above

Entries are due no later than Monday, September 24.

Meet Announcement:

<http://pvswim.org/1819meet/19-03-ma.pdf>

Eat N Meet Mini Meet – Sunday, October 14.

This is the first Mini Meet of the season. It will be held at the Rockville Swim and Fitness Center's South Pool.

Entries are due no later than Tuesday, October 9.

National Age Group Challenge Meet – October 27-28.

This is the fastest age group meet in the country for late October. The Meet is only for 9-14-year-old swimmers that are selected for this meet. Several well-known out of town teams will come and compete against RMSC. The meet will be held at the MLK Swim Center.

Coaches do entries only.

RMSC Distance Meet – November 3-4.

This is the first distance meet of the year to be held at the Olney Swim Center.

Entries are due TBA

RMSC November Invitational – November 9-11.

This meet is open to all swimmers. The meet will be held at the Martin Luther King Jr. Swim Center.

Entries are due TBA.

